

Spring 2018

Student Rec Center Group Fitness Schedule

MON

7:00 - 7:30 AM	Morning Rise: Spin w/Bre	Fit. Stu 2
1:00 - 2:00 PM	Pilates w/Jennifer	Fit. Stu 1
5:00 - 6:00 PM	Jam Session: Zumba w/Julie	Fit. Stu 1
6:00 - 7:00 PM	Vinyasa Flow Yoga w/Jenna	Fit. Stu 2

TUES

12:00 - 12:30 PM	Lunch Express: Bodyshred w/Bre	Fit. Stu 1
12:30 - 1:30 PM	Mid-Day Meditation w/Mishel	Fit. Stu 1
2:00 - 3:00 PM	Yoga FUNdamentals w/Jenna	Fit. Stu 2
6:30 - 7:30 PM	Dance Vibes: Zumba w/Kimball	Fit. Stu 1

WED

7:00 - 7:30 AM	Morning Rise: Spin w/Bre	Fit. Stu 2
6:00 - 7:00 PM	Vinyasa Flow Yoga w/Jenna	Fit. Stu 2

THUR

7:00 - 8:00 AM	Morning Pilates w/Jennifer	Fit. Stu 1
12:00 - 12:30 PM	Lunch Express: Bodyshred w/Bre	Fit. Stu 1
5:00 - 6:00 PM	Jam Session: Zumba w/Julie	Fit. Stu 1
6:00 - 7:00 PM	Yin Yoga w/Mishel	Fit. Stu 1

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All classes are free to fee-paying students/faculty/staff. Classes are held in the Student Recreation Center (Eastside of campus). Fitness Studio 1 or 2.